



A PARIS FASHION LETTER.

Delicate Colors the Rule This Season—Some Charming Designs for Evening and Out-of-Door Gowns—Bewitching Millinery—Embroideries Used in Abundance—Feminine Fancies.

PARIS, April 22.—The new materials for spring and summer wear are as a rule most charming.

For dressy gowns the colors are most delicate, and the combinations, though daring, are generally artistic. Pearl gray faced cloth, with a broad band of vieux rose round the bottom of the skirt, with galon and passementerie or stone embroidery recalls the two colors in one arrangement, while another is in heliotrope and gold, and a third in light blue and gold. Yellow is to be very much worn in all sorts of shades, mignon, lemon, buttercup, orange and coral de lys, and will be especially used in linings and slip under lace robes. Blue, heliotrope, mauve, and even pink are all to be liked with it, and the effect is good when the suitable tones are found.

For more serviceable dresses nothing would seem to be more fashionable than gray in every imaginable shade, and next to gray come beige and light brown. Irony gray hairy stuff, so hairy as to look almost like wool, is being made in a variety of shades, and even pink are all to be liked with it, and the effect is good when the suitable tones are found.

The dress shown in the initial is intended for an afternoon reception or a dinner party. The bodice can be silk or velvet, hand-brothered or trimmed with pastenette. The lower part is chiffon, which is brought out in a wide, full skirt. The skirt is silk and the train may be silk or velvet. It is very slightly long. If the sleeves are velvet the pulpit must be silk.

A charming walking gown is composed of plain pearl-gray mousseline-de-laine, made with a plain sheath skirt, flat-panted at the back over a silk foundation. A hem of black lace is worn on the right side and put on with pale pink piping. The sleeves and front are of mousseline-de-laine dotted with

tiny sprays of pink roses; the frill at the waist and wrists is of gray chiffon. A gray felt hat trimmed with gray illusion and roses and a small clutch bag complete this pretty get up. Pearl and silver jewelry, beige, coral and soft brown appear in the lighter colors, and are generally embroidered round the bottom, in black, or gold, or silver, and very often in the same color as the dress itself with an inner thread of gold or silver. The designs are legion, and are as a rule geometrical, either broad in front and narrow at the back, or the reverse. Some are trimmed with long points reaching more than half way up the skirt. I saw one of these dresses in silver gray cloth with a light scroll pattern in black and silver. It had long Louis XV. waistcoat showing underneath the short plain coat, which with the large pockets and the sleeves were entirely covered with embroidery. The coat was long belted and had large ruffled sleeves and buttons in the front.

Nothing is too rich in material or color to be used in the embroideries with which the dresses literally sparkle nowadays. Bold conventional designs of flowers have the petals worked in silk, either corresponding or contrasting with the dress for which they are designed, and have cabochon centers, sometimes many colors being used in the same design, sometimes only one. One of the most brilliant things I have seen for some time is a fringe to be used on a dinner dress with emerald green velvet panels, and a petticoat of vieux rose faille draped with knots of ribbon in a darker shade of the same color. The fringe appears at the bottom of the panels, which are cut in bands lined with the palest can-de-til auto, and lay on an underpiece of the same color, which is lined with a diamond beading several inches deep. At each intersection of

the diamonds is a stud and long-pointed drop of crystal, nearly every color possible being represented. The bodice was to have tabbed basques over a stomacher jeweled in the same manner.

A favorite way of using embroidery is in yokes, either square, round or pointed, with the pelerine-like frills surrounding them. The square yokes are more often used in dresses with the bodices gathered on with a little heading, the round and pointed ones appear in out-door pelerines. These will be the most fashionable garments possible and will be worn in a variety of styles. Some of them hang down straight, some are flung up on one shoulder, and some form a jabot narrowing off into nothing on each side of the yoke. The two last styles serve to show off the linings, which are excessively delicate and carefully chosen.

There are two examples of out-door pelerines. The first is in brownish grey cloth with pink, pelerine bang straight and wide in black, and the second is in lemon-colored silk. The yoke is richly embroidered with pink and blue, and the frills of the cloth form jabots. The collar is a delicate entirely of embroidery, lined with yellow. The close-fitting bodice is of the same material, and the frills of the cloth form jabots. The collar is a delicate entirely of embroidery, lined with yellow. The close-fitting bodice is of the same material, and the frills of the cloth form jabots.

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THE AFTERNOON TEA.

Mrs. Sherwood Tells How to Make It a Pleasant Entertainment.

THE HISTORY OF THE BEVERAGE.

Dangers That Lurk in the Dried Leaves and How to Avoid Them.

STRAWBERRIES ARE HERE.

The Most Wholesome Delicacy That Comes to Market—What a High Authority Says—Kitchen Givers a New Recipe for Utilizing this Wonderful Fruit.

THE STRAWBERRY SEASON IS NOW COMING IN, and the opportunity will soon be offered of indulging the appetite in one of the most delicate and fragrant of edible fruits. Old Isaac Walton, that prince of epicures, has left on record that famous saying of a great man which appropriately voices the sentiment of mankind: "The strawberry is the most delicious of all fruits, and the most delicate of all delicacies."

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FIGHTING THE FLESH.

Celia Logan's Second Letter on How to Get Rid of Adipose.

PROPER WEIGHT OF THE BODY.

Simple Measurements for the Physically Beautiful Woman.

FIRST STEPS TO PREVENT OBESITY.

WRITTEN FOR THE DISPATCH.

All healthy babies are fat, but infancy is the only period of life when that condition is normal. The adiposity of infants is maintained by their milk diet, and gradually disappears when weaning commences and their digestive organs are required to assimilate other food.

If the excessive fat continues after the child begins to walk it should be subjected to dietetic measures. At the same time no one should be skin and bone only. The body needs some fat to draw upon in disease when the normal supply of food is cut off, and what is the exact provision made by nature for normal production of fat in the human frame.

Figures for Children and Men.

Age	Height	Weight
1 year	27 in.	20 lb.
2 years	30 in.	25 lb.
3 years	33 in.	30 lb.
4 years	36 in.	35 lb.
5 years	39 in.	40 lb.
6 years	42 in.	45 lb.
7 years	45 in.	50 lb.
8 years	48 in.	55 lb.
9 years	51 in.	60 lb.
10 years	54 in.	65 lb.
11 years	57 in.	70 lb.
12 years	60 in.	75 lb.
13 years	63 in.	80 lb.
14 years	66 in.	85 lb.
15 years	69 in.	90 lb.
16 years	72 in.	95 lb.
17 years	75 in.	100 lb.
18 years	78 in.	105 lb.
19 years	81 in.	110 lb.
20 years	84 in.	115 lb.
21 years	87 in.	120 lb.
22 years	90 in.	125 lb.
23 years	93 in.	130 lb.
24 years	96 in.	135 lb.
25 years	99 in.	140 lb.
26 years	102 in.	145 lb.
27 years	105 in.	150 lb.
28 years	108 in.	155 lb.
29 years	111 in.	160 lb.
30 years	114 in.	165 lb.
31 years	117 in.	170 lb.
32 years	120 in.	175 lb.
33 years	123 in.	180 lb.
34 years	126 in.	185 lb.
35 years	129 in.	190 lb.
36 years	132 in.	195 lb.
37 years	135 in.	200 lb.
38 years	138 in.	205 lb.
39 years	141 in.	210 lb.
40 years	144 in.	215 lb.
41 years	147 in.	220 lb.
42 years	150 in.	225 lb.
43 years	153 in.	230 lb.
44 years	156 in.	235 lb.
45 years	159 in.	240 lb.
46 years	162 in.	245 lb.
47 years	165 in.	250 lb.
48 years	168 in.	255 lb.
49 years	171 in.	260 lb.
50 years	174 in.	265 lb.
51 years	177 in.	270 lb.
52 years	180 in.	275 lb.
53 years	183 in.	280 lb.
54 years	186 in.	285 lb.
55 years	189 in.	290 lb.
56 years	192 in.	295 lb.
57 years	195 in.	300 lb.
58 years	198 in.	305 lb.
59 years	201 in.	310 lb.
60 years	204 in.	315 lb.
61 years	207 in.	320 lb.
62 years	210 in.	325 lb.
63 years	213 in.	330 lb.
64 years	216 in.	335 lb.
65 years	219 in.	340 lb.
66 years	222 in.	345 lb.
67 years	225 in.	350 lb.
68 years	228 in.	355 lb.
69 years	231 in.	360 lb.
70 years	234 in.	365 lb.
71 years	237 in.	370 lb.
72 years	240 in.	375 lb.
73 years	243 in.	380 lb.
74 years	246 in.	385 lb.
75 years	249 in.	390 lb.
76 years	252 in.	395 lb.
77 years	255 in.	400 lb.
78 years	258 in.	405 lb.
79 years	261 in.	410 lb.
80 years	264 in.	415 lb.
81 years	267 in.	420 lb.
82 years	270 in.	425 lb.
83 years	273 in.	430 lb.
84 years	276 in.	435 lb.
85 years	279 in.	440 lb.
86 years	282 in.	445 lb.
87 years	285 in.	450 lb.
88 years	288 in.	455 lb.
89 years	291 in.	460 lb.
90 years	294 in.	465 lb.
91 years	297 in.	470 lb.
92 years	300 in.	475 lb.
93 years	303 in.	480 lb.
94 years	306 in.	485 lb.
95 years	309 in.	490 lb.
96 years	312 in.	495 lb.
97 years	315 in.	500 lb.
98 years	318 in.	505 lb.
99 years	321 in.	510 lb.
100 years	324 in.	515 lb.

A large boned man will weigh somewhat more than one whose bones are small, even though the height be the same—a raw boned Highlander more than a small boned Hebrew.

How should a man who observes that he is losing his slenderness ascertain whether it is growing too large? Let him measure his chest and waist and compare the figures. If the circumference of his waist exceeds that of his chest then he is verging upon corpulence, and if he desires to preserve his symmetrical proportions he should at once begin to train down. This is the only time when obesity is easily handled, the old proverb of "an ounce of prevention is worth a pound of cure" being true in this instance.

What a Tailor Has to Say.

I have been informed by a fashionable tailor that for a man the waist measurement and the inside circumference of the arm should be the same. That is, if the trousers leg is 32 inches, the waist should be about 32 inches. A margin of one or two inches does not matter much, but if the waist is more than 32 inches, the man is overbuilt. This ratio of the waist and leg holds good in ordinary cases.

A woman whose height is 5 feet 6 inches should weigh 125 pounds. A woman whose height is 5 feet 4 inches should weigh 115 pounds. A woman whose height is 5 feet 2 inches should weigh 105 pounds. A woman whose height is 5 feet 0 inches should weigh 95 pounds. A woman whose height is 4 feet 8 inches should weigh 85 pounds. A woman whose height is 4 feet 6 inches should weigh 75 pounds. A woman whose height is 4 feet 4 inches should weigh 65 pounds. A woman whose height is 4 feet 2 inches should weigh 55 pounds. A woman whose height is 4 feet 0 inches should weigh 45 pounds. A woman whose height is 3 feet 8 inches should weigh 35 pounds. A woman whose height is 3 feet 6 inches should weigh 25 pounds. A woman whose height is 3 feet 4 inches should weigh 15 pounds. A woman whose height is 3 feet 2 inches should weigh 5 pounds.

Before the natural shape of a woman has been distorted, not to say deformed by tight lacing and maternity, her abdomen, when she is standing, should be level with the hips. The hips should measure one-third more than the shoulders. I am aware that a woman is considered to possess a very good figure if, when dressed, she has a straight line with the highest point of the abdomen, but in reality the plumpest should fall clear of the abdomen by at least two inches. The hips should be measured at the widest part of the hips, not at the narrowest. Well-formed women whose bodies have not been mishapen by corsets.

There is a far simpler way than by measuring to ascertain if the point has been reached when one should not allow oneself to become stout. It is to observe if one's chest, puffs and is obliged from shortness of breath to take one step at a time. Going up stairs should not tax the breathing powers any more than rapid walking upon level ground, and does not in the case of a slender person. To have a step to recover one's wind after climbing stairs is a sure indication that a person is "out of condition," and should be accepted as nature's friendly warning to begin a new life.

The Proper Time to Diet.

Dieting should at once be begun, but there are among women as among men many who cannot resist the pleasures of the table. Others there are who really suffer when dieting is imposed upon them, and, moreover, have not the strength to walk off the unnecessary flesh. The majority of married women are circumscribed in their outdoor exercise owing to domestic duties, but such women are fortunate enough to be "keeping house" they have an easy, sure and inexpensive "reduction" process right at their own homes. It is to do their own chamberwork not irregularly and by fits and starts, but persistently and continuously.

The shaking of mattresses, making beds, sweeping and dusting with the broom open, the running up and down stairs while setting things to rights, is exercise constituting the best of oblique care. The doing of the chamber work steadily has been known to reduce a woman's weight at the rate of five pounds a week. Cooking on the other hand, will add that much. Cooks are almost always fat, and the reason is that they are constantly subjected and their habit of tasting the dishes they prepare. If a girl is a beginner, when she goes out of doors, even though the weather were fine, she should encourage her brain to evolve some sort of exercise in which I could indulge at home, and at last I thought I had a happy thought. The friend of my childhood, the skipping rope! I bought one, thick and long, and shattering myself in a small unadorned room I kept at it for an hour or so, consecutively, of course, but pausing and panting with my unwieldy exertions.

TURN ON THE LIGHT.

A Campaign of Education as to Electricity is Being Needed.

SOME VERY AMUSING MISTAKES.

A District Messenger Boy Who Proved Faithful to His Trust.

IMPROVED METHODS OF LIGHTING.

WRITTEN FOR THE DISPATCH.

In one of the New York comic papers last week was a picture representing the gymnastics indulged in involuntarily by a hapless visitor at a hotel upon attempting to cut the wires of the incandescent lamp in his bedroom. He wanted to find out what kind of gas they were burning in those new-fangled lights. This is by no means an exaggeration, and more than one electric light company can show letters asking them to furnish a sample of their light, or inquiring how much it would cost per rating. A District Messenger Boy Who Proved Faithful to His Trust.

Not very long ago a middle-aged man entered an electric light station in Massachusetts, and asked to have the quart bottle which he carried with him filled with electricity. On being questioned as to the use he intended to make of the current after it had been "bottled off," he said that he had been assured that it was the best remedy known for removing lice from cattle, and he understood that it would be supplied at the station for 6 cents a gallon. Of course a joke had been played on him, but the incident goes to show how very hazy the popular idea of electricity is. A great deal of this ignorance has been dissipated by the rapid advance of electrical applications, but electricians say that the average man's campaign of education which will last out this century, and then their successors will reap a noble harvest from the pioneer work that has been done.

Long Distance Telegraphy.

Since the successful establishment of telephone communication between London and Paris, great activity has been manifested in the extension of long distance lines in Europe. It is stated that the German and Austrian Governments have come to an understanding regarding the early institution of a telephone service between Berlin and Vienna. In Belgium many large commercial firms are agitating for telephone communication between Ostend and London by means of a submarine cable from the former to Dover, and from the latter to London by London-Paris line being closely watched.

Entertaining the Public by Telephone.

The possibility which has been frequently illustrated in this country, of extending the sphere of entertainments beyond the walls within which they have been given, has been turned to practical account in Paris. A company, organized to promote a telephone musical service, has erected in various public places, such as cafes, clubs, restaurants, etc., a number of automatic telephone receivers by which, on introducing a 50-centime piece, one is placed in communication for five minutes with theaters or concert locations on the apparatus. At present only four are connected with the city, but the number is soon to be increased. It is proposed to supplement this public service by a private service, available to all subscribers. On payment of 15 francs monthly a subscriber will be able to connect with any theater during the entire performance, and for any number of listeners. The price just named will give the subscriber the use of a telephone, and a telephone, so that several persons may hear at once, will entail a further charge of 2 francs per pair per month. In point of fact, best of all, the subscriber will be able to hear without putting his guests to the necessity of leaving his drawing room.

A Faithful Messenger Boy.

Up at New Haven a young man lately wished to send a note to his sweetheart as to an engagement on Sunday evening. The message entrusted to No. 14, who, under the circumstances, an extra trip, started off swiftly for the distant suburb. When he arrived at the young lady's house and rang the bell her father loomed up from around the fence and wanted to know the boy's business.

On being informed, he wanted that note at once. No. 14 told him he couldn't have it; notes were to be delivered only to the persons to whom they were addressed. The father made a grab at the boy, but was not quick enough, and so gave chase to the youngster all the way back to the office, swearing he would have the note from him "if he caught me," so I owed it up in little bits while he was running.

Just as he finished telling his story in came the messenger boy, and he said that even if the note had been still in existence, it is needless to say he would not have got it.

A Central Station Revolution.

When central electric lighting stations were established, especially those for incandescent service, it was the intention to run a large number of dynamos either from lines of shafting or belted to engines of about their own horse power. In stations of the largest type a new departure has been made, and instead of having a large number of comparatively small units to generate current, with the consequent higher consumption of fuel and loss in shafting friction, etc., the capacity of the plant is concentrated in a few big units, the dynamos and engines being of the same size.

In England one of the new stations have triple-expansion engines driving huge dynamos direct, the armatures serving practically as the wheels. Mr. Edison has been giving special attention to this matter because he sees in it the absolute realization of his promise that electric lighting should be as cheap as gas for our homes.

STOCK - ENTIRELY NEW.

FINE CLOTHING.

WM. TRINKLE & CO.,

541 WOOD ST.

Bank of Commerce Building.

Dealers in "Lincrusta Walton."

N. B.—Our large sales are reducing our stock, and those who desire the advantage of selecting from a large stock of fine new goods should come at once.

WM. TRINKLE & CO.